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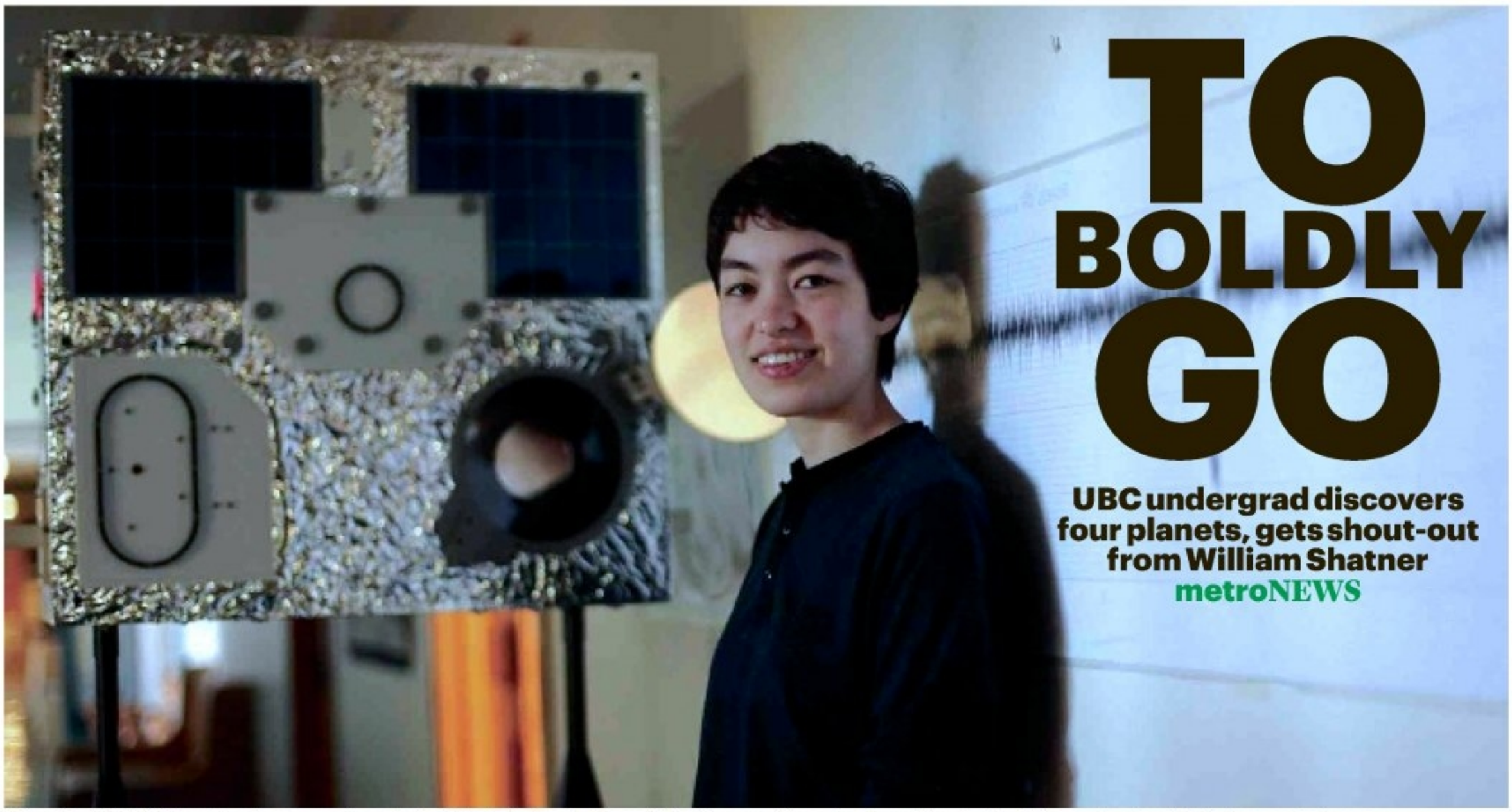

TO BOLDLY GO

UBC undergrad discovers four planets, gets shout-out from William Shatner

metroNEWS

University of British Columbia astronomy undergraduate Michelle Kunimoto, 22, made the discovery after poring through hundreds of data samples from the Kepler space telescope. DAVID P. BALL/METRO

'I've never seen anything like it'

BUSINESS

Fishmongers can't keep up with local spot prawn demand

Wanyee Li
Metro | Vancouver

This time of year is normally peak season for spot prawns in B.C., but some fishmongers in Vancouver are struggling to keep up with the growing demand.

The popularity of the juicy yet firm shellfish has skyrocketed in the province over the past decade, a phenomenon triggered by the inaugural Spot Prawn Festival 10 years ago.

But growing local demand coupled with persistent global demand for the product means some local fishmongers are having trouble filling their stores with prawns.

"Traditionally, I get about 150 to 200 pounds of spot prawns a day, and right now I'm only supplied with about 50 to 60 a day," said Ray Ogura, a fishmonger at Seafood City at Granville Island.

The family-owned business has sold spot prawns for more than 30 years, but Ogura says he has never had this much trouble finding supply.

"It's a bitter pill to swallow right now. This is one of our peak times that we're the busiest, and we can't supply our customers."

Steve Johansen, co-creator of the Spot Prawn Festival, says it's one of the happy consequences of a successful festival.

"I've never seen anything like it; it's a frenzy," said Johansen, who is also co-owner of the fishing company Organic Ocean.

The first Spot Prawn Festival attracted about 250 people to the False Creek Fishermen's Wharf.

This year, fishermen sold spot prawns to more than 5,000 people in just one day, according to Johansen.

But just because more people want spot prawns doesn't mean there are more spot prawns to go around.

Johansen says his catch this season is about 30 per cent down from last year's numbers.

The Department of Fisheries and Oceans (DFO) monitors the spot prawn fishery closely every year and shuts down the season — usually after six weeks, depending on the data it collects.

The DFO aims to ensure enough female spot prawns are left to populate the next generation, and the department errs on the conservative side when it comes to preserving fish stocks, according to Jeff Johansen, regional invertebrate fisheries manager.

Ogura says people who have yet to try spot prawns this year better get to a fish store or the docks soon.

"If people want spot prawns, come get them now because they might not be here for much longer."

Spot prawn season opened on May 12 this year.

The prawn catch in B.C. is worth about $32.6 million, according to the DFO.

Only five percent of spot prawns caught in the province go to local markets, according to Jeff Johansen. Fishermen ship the rest off to Asia, where the dish has enjoyed long-standing popularity.

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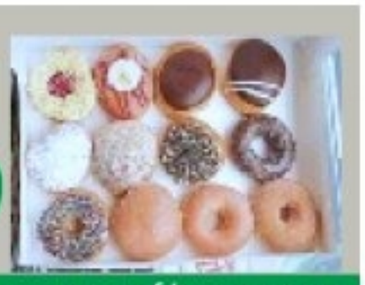

Krispy Kreme bets dollars to doughnuts on new café concepts

CYCLING ADVOCACY

Gear up for Bike to Work Week

Thandi Fletcher
Metro | Vancouver

Cycling advocates are urging Vancouverites to gear up to take part in Bike to Work Week, starting Monday.

Last year's spring event saw almost 11,000 people take part across all Metro Vancouver municipalities, according to the cycling advocacy group.

Emma Cunnington, manager of Bike to Work Week, said the increasing numbers of participants in the event is largely due to the efforts of governments and TransLink to improve cycling infrastructure.

13K

Hub Cycling wants to get a record 13,000 riders on the road from May 30 - June 5.

"Every spring and fall, we say 'it's a new record', and still the numbers continue to grow," Cunnington said in a news release.

"If it weren't for the continued work of cities across the region, TransLink and the province ... we might not see such strength in numbers, especially the thousands of new riders who start cycle commuting with each event."

Orphaned bear cubs set to return to wild

CONSERVATION

Shelter fits duo with GPS collars for monitoring

Two orphaned black bears whose lives were spared when a conservation officer refused to kill them are being prepared for release as early as mid-June after nearly a year of rehabilitation at a Vancouver Island facility.

Julie Mackey, manager at the North Island Wildlife Recovery Centre in the community of Errington, said Jordan and Athena will be outfitted with GPS collars to track their movements once they're set free. The release date will be determined by the Environment Ministry.

The cubs' mother was killed by a conservation officer last July for twice raiding a freezer at a Port Hardy-area mobile home, and the ministry ordered the cubs destroyed after they were reported to be eating garbage.

Bryce Casavant defied orders to euthanize the bears and they were instead taken to a shelter. He was suspended from his job for a month, sparking a public outcry, and eventually transferred to a different job in the Forests Ministry.

The cubs are now about 15 month old, Mackey said, adding they are thriving in the company of six other bears.

Black bear cubs Athena and Jordan look on from their enclosure at the North Island Wildlife Recovery Association in Errington, B.C., in this 2015 photo. THE CANADIAN PRESS/CHAD HIPOLITO

Jordan and Athena's post-release monitoring via GPS collars, a first for the shelter, was part of an agreement with the Environment Ministry when the bears started rehabilitation, said Mackey.

She said the shelter will pay for the collars, at a cost of at least $2,500 each, plus fees for data collection.

> **We stand to learn everything from their movement patterns, home-range size (and) length of hibernation.** Julie Mackey, manager at North Island Wildlife Recovery Centre

"We stand to learn everything from their movement patterns, home-range size, length of hibernation and of any mortality that occurs during the time the collars are on."

Mackey said the collars will provide daily data and can be preset to fall off at a certain time so the bears don't need to be recaptured to retrieve the collars. THE CANADIAN PRESS

CIVIL LIBERTIES

A win for 'migrant justice'

David Ball
Metro | Vancouver

An advocacy campaign that helped end cooperation between Transit Police and immigration authorities last year was honoured at B.C. Civil Liberties Association annual gala this week.

The association granted its Liberty Award for activism to the Transportation Not Deportation coalition, a campaign advocating for undocumented immigrants' rights sparked after the suicide of Mexican hotel worker Lucia Vega Jimenez, who was arrested at a fare check in 2014.

"We were happy that an organization with such a record of fighting for civil rights was aware of our fight," said Rocco Trigueros with Mexicans Living in Vancouver. "(This award) encourages people to do the right thing — to focus on fighting to change as much as we can the treatment of people who are more vulnerable."

Trigueros said Vega Jimenez's death in Canada Border Services Agency custody catalyzed the coalition's activism because many people felt the "SkyTrain shouldn't be a border checkpoint," he said.

The BCCLA gave the coalition its Excellence in Community Activism award because it was an example of "an extraordinary victory for migrant justice, privacy rights, and CBSA accountability," its website stated.

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UBC whiz finds four planets

ASTRONOMY

Student's love of space began with Star Trek

David Ball
Metro | Vancouver

Michelle Kunimoto is pictured here with a model of a space telescope. DAVID BALL/METRO

When astronomy honours student Michelle Kunimoto graduates today, she'll do so already holding the honour of being a galactic pioneer with distinction.

The 22-year-old University of British Columbia undergraduate has discovered four new planets in the Cygnus (Swan) constellation, known as "exoplanets" because they're outside our solar system.

"I got interested in exoplanets from Star Trek," she told Metro in an interview in UBC's physics department. "The whole theme of Star Trek, curiosity and exploration, is really important for the long, long, long term. We want to answer the age-old question: Are we alone?"

She spent months poring through 400 different data samples from the Kepler space telescope, which captures the curves of light from distant stars. Sudden dips in their light can correspond to planets passing in front of them.

Kunimoto likened her method to trying to hear one quiet voice in a crowded room full of loud talkers. But when she first noticed the faint but tell-tale dip, she didn't allow herself get excited.

"I had to be very careful," she explained. "I ran them through a lot of tests, but the more tests I ran, the more confident I felt.

"When they all passed the right tests, and I had these four planets remaining, that was really exciting!"

The planet she's most enthusiastic about is called Kepler Object of Interest (KOI) 408.05, which she nicknamed "Warm Neptune," because it's roughly the size of its namesake planet, but is within the distance needed for the warm, Earth-like atmosphere needed to host life. It's 3,200 light years from Earth.

Technically, what she found are still considered "planet candidates" until they can be independently confirmed, but for her UBC supervisor the results are clear.

"It's rare that you have that 'Eureka!' moment any more," astronomy professor Jaymie Matthews told Metro. "Michelle's discovery was time-consuming, and she's done this for only 400 out of 150,000 light curves."

> **My face was going red.**
> Michelle Kunimoto, on getting a shout-out from William Shatner

But will Kunimoto's "Warm Neptune" — located within what Matthews dubbed the "Goldilocks" zone of planets that are neither too hot, nor too cold to support life — potentially be home to intelligent life?

"You can bet that once the results are confirmed and more widely disseminated, the Search for Extraterrestrial Intelligence Institute will put KOI-408.05 on their list of higher-priority targets to monitor," Matthews said. "If there is life and signals we could eavesdrop on, these are the places they'd be coming from."

Kunimoto got a shout-out Saturday before a large UBC audience from Star Trek star William Shatner, who praised her discoveries on stage. "I was really honoured!" she said. "That was completely unexpected; my face was going red."

CYPRESS MOUNTAIN

Remains were of British tourist

Thandi Fletcher
Metro | Vancouver

Human remains found on Cypress Mountain are those of British tourist Tom Billings who went missing more than two years ago, the BC Coroners Service and Vancouver police confirmed Friday.

Const. Brian Montague, spokesman for Vancouver police, said Friday that a hiker on Cypress Mountain came across remains on April 11. North Shore Rescue returned to the area several days later and recovered some personal belongings and additional remains, which DNA confirmed is the 22-year-old British tourist, he said.

Tom Billings
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Convention a gag and more

POLITICS

Former Liberal leader Bob Rae apologizes for his 'joke'

Prime Minister Justin Trudeau offered rare praise Saturday for Conservative predecessor Stephen Harper but at least one Liberal elder statesman found it a bit hard to swallow.

Bob Rae was caught on video sticking two fingers in his mouth, pretending to gag.

The former interim Liberal leader later refused to comment on his gesture, which was caught on video by a reporter for The Canadian Press.

However later he posted an apology on Twitter calling it "a joke in poor taste that I regret very much."

The video, posted on Twitter, quickly made the rounds at the Liberal national convention, provoking both hilarity and consternation.

Rae's gag reflex was stimulated during a speech by Trudeau to the convention, the first such gathering since the Liberals defeated Harper's Conservatives in last fall's election.

PM Justin Trudeau holds six-month-old Finn Lipka prior at the 2016 Liberal Biennial Convention in Winnipeg on Saturday. JOHN WOODS/THE CANADIAN PRESS

After taking a few pokes at the Tories, who were simultaneously holding their own convention in Vancouver, Trudeau turned serious.

"We need to remember that even though they may be our opponents, they're not our enemies. They're our neighbours and our friends," he said.

"So, I want to take a moment. You see, there are only a handful of people alive who know what it's like to do this job … And I can tell you, even if you weren't a fan of his politics, there can be no doubting Stephen Harper's commitment to our country."

Trudeau asked Liberals to join him in thanking Harper, who has let it be known he will retire from politics over the summer, for "his many years of public service."

Trudeau was not all sweetness and light when it came to the Conservatives, however.

He also noted that the Tories had been debating at their convention whether to delete the party's policy on marriage being the union between one man and one woman.

"Among other things, they're debating the merits of marriage equality. In 2016. More than a decade after we made same-sex marriage legal in Canada," Trudeau said to gales of laughter.

"Well, better late than never, right? Who knows, ten years from now they might finally be willing to admit that climate change is real. Or that tax cuts for rich people don't help the middle class. Or that government shouldn't legislate what women are allowed to wear on their heads."

The Conservatives voted Saturday to drop the sections of its policy opposing same-sex marriage. THE CANADIAN PRESS

Bob Rae makes a gag motion at praise for Stephen Harper. THE CANADIAN PRESS

GAY MARRIAGE

'It's about freedom and respect'

Conservatives emerged from a spirited convention Saturday, ties to many of their past policies and politics severed after days of debate that many say is proof that the party is on the rebound.

The party wiped a policy opposing same-sex marriage off its books Saturday and adopted another supporting a more permissive approach to marijuana after two and a half days of introspection and intense public debate.

"It's a demonstration of the maturation of our party," former Tory cabinet minister Peter MacKay said.

The vote followed emotional debates in policy workshops Friday and on the floor Saturday with some social conservatives arguing that any leadership candidate who supported it would automatically lose their vote.

That didn't faze candidate and MP Maxime Bernier, who spoke in favour of the motion from the convention floor.

"It's about freedom and respect. It's about us and telling Canadians that you can love who you want and that you can be in love," he said. THE CANADIAN PRESS

FORT MCMURRAY

Expert warns of rate rise, but insurer insists that won't happen

Kevin Maimann
Metro | Edmonton

Record-breaking insurance payouts after the Fort McMurray wildfire could lead to higher premiums according to one expert, but Alberta's largest insurer insists it has no plans to raise rates.

Anne Marie Thomas, an insurance expert with InsuranceHotline.com, said companies should have no problem paying out policy holders but will likely face higher premiums from the re-insurance companies that protect them from large-scale losses.

"That, the majority of the time, gets passed along to the policy holder, being folks like you and I," Thomas said.

Rates could go up across Canada as a result, and new limits might be placed on certain types of coverage. For example, she said, after floods devastated some Alberta communities several years ago, many insurance companies increased the premiums for water damage coverage or limited the amount that they would pay out in the future.

Insurance companies could also increase deductibles for home insurance.

With tens of thousands of residents being displaced by the Fort McMurray blaze for almost an entire month, Thomas says there could be changes made to additional living expenses in future policies.

"We could see changes to that coverage. If that's where insurers spent the majority of their claims payout, then that's where you might see the increase or the limits on coverage," she said.

Rosa Nelson, vice president of sales and business development with Intact — Alberta's largest insurer — said the company is looking at a net loss of $130 million to $160 million after tax, including reinstatement premiums.

$742M
The current highest insurance payout as a result of the Slave Lake fires.

Intact subsidiaries insure about 3,300 customers in Fort McMurray, but Nelson said customers should not worry about their rates going up.

"Events like that make us look at the product, but we don't go and then carte blanche raise rates for everybody across the province," she said.

The Fort McMurray fire could result in a total insurance payout between $2.6 billion and $9 billion, according to a report released earlier this month by BMO Capital Markets, which would be far-and-away a Canadian record.

The current highest payout was $742 million as a result of the 2011 Slave Lake wildfires, after which insurers took years to settle all their claims.

Nelson said Intact did not raise deductibles or premiums as a reaction to the Slave Lake blaze.

The company did, however, start working more closely with government on how and where communities are rebuilt, as well as what kinds of materials are used to build new homes.

"We've got some smart people who are able to ensure that we can cover events like this and it doesn't impact our financial stability," Nelson said.

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Daesh data reveals profile of recruits

TERRORISM

Majority of recruits from Saudi Arabia

1988

The average birth year of Daesh recruits, meaning most were 25 or 26 when they arrived in Syria.

770

More than 770 Daesh recruits are under the age of 21, according to the database.

Entry date. Blood type. DOB and Nationality. Education. Employment. Would you like to be a fighter, martyr, security guard or administrator?

These are the questions Daesh recruits answer on an entry form when joining the group. Bureaucracy is not something that leaps to mind when thinking of terrorists, but Daesh has proven meticulous in its record-keeping and data entry.

In recent months, Daesh defectors have been leaking these to journalists and academics, providing an intriguing snapshot of who joins the group and how. One database, which lists more than 4,000 members, including information on 16 Canadians, was shared by researcher Amarnath Amarasingam and analyzed by Toronto Star data specialist Andrew Bailey. The most striking information gleaned is the vast diversity of recruits, debunking theories that there is a common Daesh profile.

Of the 4,078 entries, the average birth year is 1988, which means most recruits were 25 or 26 when they arrived in Syria between 2013 and 2014, the period covered by the database. But more than 770 recruits are under the age of 21.

The number of recruits going to Syria peaked in July 2014, after Abu Bakr al-Baghdadi declared the group's caliphate.

The categories that list recruiters and those who facilitate travel would likely be valuable intelligence for law enforcement agencies trying to stem the flow of fighters.

The name Abu Muhammad al-Shimali is listed in more than 1,000 entries as a facilitator. While this is a kunya, or nickname, and difficult to confirm an identity, there is a well-known Daesh member who goes by that name and is being sought in connection with the 2015 Paris attacks.

The U.S. State Department's Rewards for Justice program lists 36-year-old Saudi citizen Tirad al-Jarba, known as Abu Muhammad al-Shimali, as the leader of the "Immigration and Logistics Committee," and is responsible for facilitating the travel of foreign fighters.

The majority of recruits in the database are from Saudi Arabia, but Tunisians make up the largest percentage per population.

TORSTAR NEWS SERVICE

In this May 25, 2016 file photo made available by the Italian Navy, people try to jump in the water right before their boat overturns off the Libyan coast. ITALIAN NAVY VIA THE ASSOCIATED PRESS

MIGRANTS

Fears for more than 700 people

Survivor accounts have pushed to more than 700 the number of migrants feared dead in Mediterranean Sea shipwrecks over three days in the past week, even as rescue ships saved thousands of others in daring operations.

The shipwrecks appear to account for the largest loss of life reported in the Mediterranean since April 2015, when a single ship sank with an estimated 800 people trapped inside. Humanitarian organizations say that many migrant boats sink without a trace, with the dead never found, and their fates only recounted by family members who report their failure to arrive in Europe.

"It really looks like that in the last period the situation is really worsening in the last week, if the news is confirmed," said Giovanna Di Benedetto, a Save the Children spokeswoman in Italy.

Warmer waters and calmer weather of late have only increased the migrants' attempts to reach Europe.

The largest number of missing and presumed dead was aboard a wooden fishing boat being towed by another smugglers' boat from a Libyan port that sank Thursday.

THE ASSOCIATED PRESS

CINCINNATI ZOO

'Mommy loves you': Boy rescued after gorilla shot at zoo

Panicked zoo visitors watched helplessly and shouted, "Stay calm!" while one woman yelled, "Mommy loves you!" as a 400-pound-plus gorilla loomed over a four-year-old boy who had fallen into a shallow moat at the Cincinnati Zoo.

The boy sat still in the water, looking up at the gorilla as the animal touched the child's hand and back. At one point, it looked as though the gorilla helped the youngster stand up.

Two witnesses said they thought the gorilla was trying to protect the boy at first before getting spooked by the screams of onlookers. The animal then picked the child up out of the moat and dragged him to another spot inside the exhibit, zoo officials said.

Fearing for the boy's life, the zoo's dangerous-animal response team shot and killed the 17-year-old ape, named Harambe.

The child, whose name was not released, was released from Cincinnati Children's Hospital Medical Center on Saturday night, hours after the fall.

His family said in a statement Sunday that the boy was home and doing fine. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, May 30, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

The guy in the cubicle next to mine is loud and disruptive to the point where my work is being adversely affected. How do I deal with this without making the wrong impression?

Dear Ellen,

I recently got a new neighbour at work. We work in the same department, but I don't really know him. He is loud, constantly has people stopping by for non-work-related issues and keeps banging into our shared cubicle wall. I don't want to seem unfriendly, but it's interfering with my work. What's the best way to deal with this?

Dee

Dear Dee,

The most effective way to deal with this is simple behaviour modification. Mount a pail of ice water above your neighbour's desk, then jerry-rig a triggering device that tips the pail over and douses him every time his voice goes above 75 decibels or he jostles your cubicle wall.

Alternatively, you could arrange a collection of precious figurines along the top edge of your shared cubicle partition, making sure they fall and smash at the slightest disturbance, then present him with the bill.

Musical chimes are also worth considering. Mount them all over your cubicle and let the torturous tinkling begin as the tremors roll in from the new guy's antics.

The possibilities are endless! And tempting. And, alas, potentially illegal.

But, worst of all, they are impolite.

As with virtually all relationship problems, your first resort must be to speak directly to the party on the other side of the problem. This is challenging, I know. In my cowardly youth, I once left the continent for six months rather than confront a friend about a minor transgression, which I now can't even remember. A lot of us were taught from childhood to keep our traps shut and pretend everything is just fine dammit, which is a useful skill in some etiquette situations, but a terrible handicap when it comes to honest communication.

Everyone deserves honest communication — even the rampaging lout in the next cubicle.

And everyone deserves honest communication — even the rampaging lout in the next cubicle. It's important to tell him that his loud conversations and partition-banging are making it hard for you to work.

It's also important to tell him this in a non-confrontational manner. If you're afraid of appearing unfriendly, you might even bring a coffee and muffin along to the conversation, which will show you are acting in good faith and set the tone for a friendly chat.

You can also keep things civilized by beginning or ending the chat with questions about how he's doing in his new position. But you have to take a big, deep breath and mean it. Don't feign politeness. People can smell that passive-aggressive stuff a mile away, and it makes them justifiably angry, which is what you don't want. What you do want is for this guy to realize how oblivious he's been, be sorry and attempt to change his ways.

Unfortunately, if he's truly a selfish boor, the whole honest, coffee-muffin-and-a-side-of-sincerity approach will feel like a pointless exercise. But it's not. You owe it to yourself to do the right thing first. If it doesn't work, well, all bet are off: you may, with a clear conscience, complain to co-workers about this antisocial clown, ask your supervisor for help, invoice the department for earplugs, or rig up that pail of ice water.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Towards a complete taxonomy of Canadian summer sidewalkers

A friend was nearly bowled over the other day by a man on a mission.

"I'm just trying to walk in a straight line!" he bellowed as he pressed by.

She was unhurt, but stranded on the wrong side of the sidewalk sign outside the café she was angling for.

It didn't have to go that way. He could have simply adjusted his trajectory 30 degrees or so, and they would have both had room. But 30 degrees was just too much for him that day, it seems. And to a degree, I sympathize.

Summer is a season of many things, but few so acutely felt as sidewalk navigation. Streets that, during winter months, you had to yourself are suddenly bursting with biped meanderers; now, instead of simply going to the shops, you must first complete a complex obstacle course.

It's my belief that you can tell much about a person by the way they walk down a sidewalk.

There is the clueless walker, oblivious to all around them, like a daydreaming child. What are they looking at? It's impossible to say. But one thing they are definitely not looking at is other people, trying to get by. Who actually have things to do.

There is the daredevil walker whose every outing is a game of chicken. You lock eyes. "I see you," his say. "And I will not move." He sets his body like battering ram, and if you dare test his mettle, you could end up bumping right into him, chest to chest.

There is the cozy couple who, by virtue of their relationship, believe they deserve to take up the full width of the sidewalk. They're not going to shimmy into single file for even a split second to avoid any oncoming traffic. They're together.

There is the abrupt stopper who seems so confused by his chosen path that he'll stop short to get his bearings. It immediately becomes clear that he has no bearings.

There is the child who can be forgiven for walking like a drunk because her brain isn't fully developed, let alone her conception of sidewalk etiquette.

Add to these: the diagonal walker, who can't pick a lane and stick to it; the capitulator, my kin, who will shift direction or even cross the street in a mix of deference (to her city-mates) and selfishness (never sacrificing her own pace).

Part of me wishes everyone would disappear. Then I'd experience less bubbling rage. But that wouldn't be very urban-minded of me. The whole point of a city is to communally partake of all that's on offer. And no matter how much you may feel you own it — no single sidewalk was built just for you.

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metro LIFE

Your essential daily news

Harvard grad Donovan Livingston's speech in spoken word goes viral with millions of online views

Giving a voice to the voiceless

NEW RADIO SHOW

Candy Palmater is ready to bring Canada a fresh perspective

Megan Haynes
For Metro Canada

Toronto-based Candy Palmater is a bit of an overachiever: the youngest of six, she graduated law school at the top of the class and was the first Mi'kmaq to land a job at a Halifax law firm.

But that wasn't quite the right fit for Palmater, so she quit her job and ventured into comedy, taking the stage across the country. This led to a four-season TV show on the Aboriginal Peoples Television Network, and now she's joined the ranks of CBC hosts, lending her voice to the radio waves with a new two-hour daily series. Metro caught up with Palmater to hear more about what brought her to this point.

'I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things about me that make my perspective different than what you're used to hearing on national radio,' says Candy Palmater. CONTRIBUTED

CATCH IT
The Candy Palmater show launches May 30. It airs weekdays Monday to Friday on CBC Radio One at 1 p.m.

In previous interviews, you've said you've struggled not to be put into specific boxes...
It's been my lifelong quest.

I've always been somebody who colours outside the lines. It's the whole reason I stopped being a lawyer — I never felt further away from myself than when I was a lawyer.

What prompted you to get into law in the first place?
I've always had the urge to give voice to people who don't have a voice. At 25, I couldn't think of another way to do that than becoming a lawyer. I always had the notion that's where advocacy lived. When I got to law school, there was a lot of talk that no Mi'kmaq person had ever been hired at a firm. So I drank the Kool-Aid and thought, "I have to get hired at a firm." And I was.

(But) suddenly I woke up as a lawyer and (thinking) what have I done?

How does being an entertainer help you be an advocate?
For two hours a day on the radio, my perspective will be so different than the perspective you normally hear on the radio. I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things about me that make my perspective different than what you're used to hearing on national radio.

Why is it important to have that voice?
The country is made up of such a diverse group of people — particularly for the public broadcaster. People have to hear themselves reflected. There needs to be an opportunity for people to say "here's where I belong."

If your experience is never reflected to you — in movies, in books, in TV — it's very isolating.

Has anyone told you about when you inspired them?
I was at a big event (doing a) comedy show and I talked about how I met my wife. Later, I got an email from a kid who was in the audience.

He said "I was bummed about going to this (show): it was going to be all native kids, and I'm gay."

In the First Nations community we're still not embracing and open to queer culture. So he said, "I'll have to be someone else. But there you were at 8 a.m. talking about your big, gay self and everybody loved you."

He went home that night and asked his parents if they knew who Candy Palmater is, and they said yes, they knew me personally.

He asked if they knew I was gay, and they said yes. So he came out to his parents because he thought if they were OK with me being gay, they'd probably be okay with him being gay. And they were.

MONEY MATTERS

Why the buy now, pay later deals can be a sneaky trap

Gail Vaz-Oxlade
For Metro Canada

The Buy Now, Pay Later (BNPL) world is a way to get what you want without having to figure out what you have to give up in exchange. As if that's not dumb enough, some folks think they're smarter than the system.

There are the folks who decide to keep their money in the bank to earn interest until the due date.

They fully intend to make a payment in full before the debt-interest clock clicks on. But then a funny thing happens. Since they have lotsn'lotsa money in the bank, people get a distorted view of their financial reality.

Seeing that money sitting there makes them feel richer than they actually are. So despite the fact that the money has already been spent, it acts as a barrier to saving more. Or worse, it gives folks the confidence to spend money they would normally save.

It's a psychological thing, and when it kicks in it can lead to some really destructive decisions.

Then there are the guys who plan to make the monthly payments that will get them paid off by the due date. They take their total amount and divide by the number of months they have and make those payments every month. Or so they plan. But there's many a slip and this plan often goes wrong in a couple of ways:

1. If you can't abide the idea of the debt just hanging out there then there's a lot of wasted psychological energy around worrying, thinking, imagining, while the payments are being made.

2. As soon as an unexpected expense pops up, you defer your "interest free" payment promising yourself that you'll catch up next month. Then you'll do it again. And again. Oops. Here comes the deadline, there's no money, and the rapacious interest rate kicks in retroactive to the date you took that stuff home.

BNPLs also snap shut with a wicked bite if you're even slightly off on your calculations. If you're going to use one to your advantage, cut back your repayment period by a couple of months.

So, if you're entering into a 15-month BNPL, you actually base your repayment schedule on 13 months to make sure you're clear of the due date well in advance.

People are always messing up, making a payment late or not having the entire balance paid in full by the due date. Those mistakes are very costly. That "No Interest" jumps to a whopping 30 per cent overnight, making moot the 1 per cent they've been earning by keeping their money in the bank.

The biggest problem with BNPL is the ease with which people can take home stuff they have yet to pay for, making it feel like they got a special deal, and leaving them with the euphoria of purchase without the pain of payment as an off-set.

Physiologically we need this balance to help us prioritize. Removing one side of the equation lets us delude ourselves.

For more money advice, visit Gail's website at gailvazoxlade.com

YOU CAN DO THIS MEDICAL ASSISTANT

'I never feel stagnant'

WHY I LIKE MY JOB

Stevie Blanchard, 28, Medical Office Assistant at Preventous Cosmetic Medicine

I always knew I would choose a career that involved helping others. I graduated from Okanagan College in British Columbia with a Unit Clerk/Medical Office Assistant diploma. There, I received extensive training in numerous areas of the medical field including transcription, medical terminology and electronic medical record systems. In addition, I participated in various workshops and obtained practicum training that helped prepare me to work in a medical setting.

The choice to work in health care came naturally to me. I wanted a career that was challenging and allowed me to make a difference, yet was flexible enough for me to spend time with family. What excites me the most is that health care is a continuously evolving field so I never feel stagnant.

Some of my duties include booking and confirming appointments, maintaining confidential medical files and records, and ensuring effective office procedures. I also really enjoy the interactions and relationships I develop with clients. Nothing makes me happier than ensuring our clients' needs are taken care of from the moment they arrive and beyond.

THE BASICS: Medical Assistant

$39,547

Median wage of entry- to intermediate-level medical assistants. Advanced professionals in this field, such as medical office managers or executive secretaries, can earn upwards of **$60,000** annually.

+13.7%

The amount of growth expected in this field over the next 8 years

Data for this feature was provided by payscale.com, servicecanada.gc.ca, rhdcc.gc.gca, trade-schools.ca and onetonline.org.

HOW TO START

Although medical assistants don't need to obtain a specific certificate or licence to work in the field, suggested credentials include a post-secondary diploma or certificate in health care administration or medical administrative services. Programs typically span two years or less.

WHERE YOU CAN GO

An aspiring medical assistant can expect to find work in varying environments, including walk-in clinics, dental centres, nursing homes, insurance firms and public health agencies. The career outlook is particularly bright due to higher projected retirement rates and slightly above average turnover rates. Job duties have diversified to include office reception and basic accounting; however, responsibilities tend to be more advanced or management-based than those of non-medical administrative workers.

NEXT CAREER STEP

Those interested in this career path or currently seeking advancement may opt for additional training in medical terminology, patient relations, medical office software and health care policies. Generally, a medical assistant will advance progressively to a senior admin role as they gain more experience in report writing and health record maintenance, office communications and day-to-day financial matters.

LITERATURE

Poetry based on Reena Virk trial up for $65K prize

When Soraya Peerbaye first learned of the brutal slaying of Vancouver Island teen Reena Virk, the Toronto poet recalled being haunted by the harrowing nature of the crime.

"Like many people across the country, I was just struck by the details of the story: the youth of the assailants and their gender and, of course, the sheer brutality of it," said Peerbaye.

In November 1997, Virk was swarmed by a crowd of mostly girls under a bridge in the Victoria area. After the 14-year-old was beaten, she limped across the bridge followed by Kelly Ellard and Warren Glowatski. A trial later found the duo continued the beating and held Virk's head underwater until she drowned.

Ellard is serving a life sentence for second-degree murder, and was denied parole May 3. Glowatski, who was also convicted of second-degree murder, was given full parole in 2010.

Peerbaye was in the courtroom for Ellard's 2004 trial — which ended in a mistrial — and was present again for the 2005 trial when Ellard was found guilty.

Peerbaye's exploration of Virk's story has extended into her creative work with the anthology Tell: Poems for a Girlhood (Pedlar Press). The collection is one of three Canadian titles nominated for the $65,000 Griffin Poetry Prize, which will be awarded at a Toronto gala on June 2. Tell was also recently shortlisted for the Ontario Trillium Book Award for Poetry.

"The work doesn't delve into biography," Peerbaye said of the anthology. "It's not an attempt to say who (Virk) was, and it's not an attempt to position myself as an authority of her experience....

"It's really a reflection — and almost a critique — of the public literature, the trials and how she was seen by the witnesses or the Crown ... and how her identity and her agency were described by those narratives."

Peerbaye drew on court transcripts which she described as "very troubling — maybe even more so than watching the trials.

"There were so many small and slight details that were brought up ... and when you're reading the transcript, it all seems even. In a way, it's all kind of flat..."

Also from Canada in contention for the prize is Frayed Opus for Strings & Wind Instruments (Brick Books) by Danish poet Ulrikka S. Gernes. The work was translated by Canadian collaborators Per Brask and Patrick Friesen. And northern Ontario writer Liz Howard for Infinite Citizen of the Shaking Tent (McClelland & Stewart).

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"This is the most fun I've had since I've been in the league": Soon-to-be free agent centre Bismack Biyombo on the Raptors' run to the East final

What's old is new again

LIONS

Buono says he is refreshed following break from coaching

In some ways, Wally Buono never really stopped coaching the B.C. Lions.

Sure, he stepped down from the post following the club's Grey Cup victory in 2011, citing fatigue and a desire to focus on management duties, but like many retirees found it difficult to walk away from something that had defined him professionally.

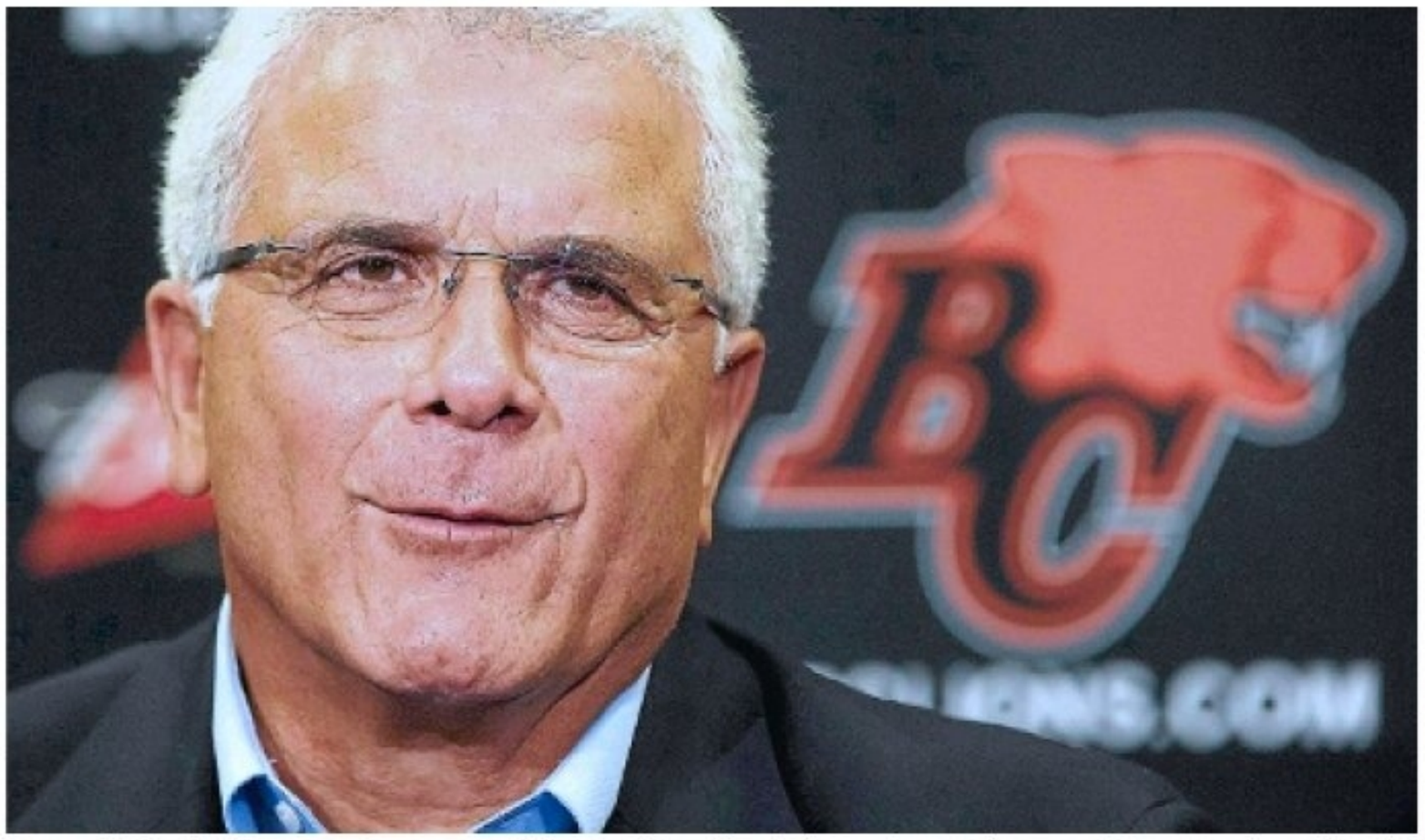
"This is the thing that I didn't realize: you don't stop coaching ... you just don't have the responsibility," said Buono. "That's nobody's fault but my own. I'm not blaming myself for it because you are a coach, you were a coach, you are a coach."

Even as the Lions' general manager and vice-president of football operations, two positions he still holds, Buono would often survey practice from up close, sometimes offering tips to players on how to better execute a drill.

"Your mind and the way you see things doesn't change," he said.

Buono's protégé, Mike Benevides, took over as coach in 2012, but was axed after three seasons that saw B.C.'s record slide from 13-5 to 11-7 to 9-9, including 0-3 in the playoffs. Jeff Tedford, a high-profile U.S. college coach, then lasted one disappointing 7-11 campaign in 2015 that culminated with another one-and-done playoff.

With the Lions suffering from declining results in the standings and, perhaps more importantly, a declining profile in the Vancouver market, Buono and owner David Braley agreed this winter that the best course of action was to have the 66-year-old return to the sidelines.



On top of being the Lions general manager and vice-president of football operations, Wally Buono, 66, once again coaching the team. THE CANADIAN PRESS FILE

> **His disciplines are still the same and that's something that we need. That's something maybe we've lacked the last couple of years.** Veteran defensive back Ryan Phillips

"There is an urgency to everything we do," Buono said as the Lions opened training camp Sunday. "Sometimes being in the fire is better than bringing somebody into the fire. I knew what we needed to do to improve the football club.

"How can we expedite that? The way I looked at it was that if I was going to be involved, maybe the best thing to do was be 100 per cent involved."

Buono won a record 254 games during his first 22 seasons — the first 13 years were with the Calgary Stampeders followed by nine with the Lions — and said he feels reinvigorated by the challenge ahead.

"When I got out of coaching I was tired," he said. "I was mentally, emotionally tired. Doing it for 22 years, it takes its toll.

"I'm at a point now where I'm refreshed."

THE CANADIAN PRESS

MEMORIAL CUP

Knights dubbed CHL's champs

Matthew Tkachuk didn't care who scored the winning goal. All that mattered was that the London Knights could call themselves the best team in the Canadian Hockey League.

Tkachuk was credited with the winner 7:49 into overtime as the Knights captured the 2016 Memorial Cup on Sunday by downing the Rouyn-Noranda Huskies 3-2.

A grinning Tkachuk, who had been playing on a sprained ankle suffered during the OHL championship, said the goal may not have even been his.

FINAL In overtime

3	2
KNIGHTS	HUSKIES

"It actually might have hit off (Christian Dvorak's) back, it changed directions a little bit, doesn't matter, we'll both take it," Tkachuk said.

A Memorial Cup victory was fitting for the Knights, who dominated the competition, first in the OHL playoffs and then by going undefeated at this year's tournament. The last time they suffered defeat was April 1.

It's London's second Memorial Cup in franchise history.

Tkachuk and Dvorak scored for the Knights in regulation while Tyler Parsons made 29 saves. Dvorak's goal was his tournament-leading seventh.

Francis Perron and Julien Nantel scored for the Huskies. Chase Marchand stopped 30 of 33 shots. THE CANADIAN PRESS

INDYCAR

Long shot's last gas fuels Indy 500 win

An unfamiliar driver, an American no less, ushered in a new era for the Indianapolis 500 by outlasting his faster rivals — and his fuel tank.

Alexander Rossi stretched his final tank of gas 90 miles to cycle into the lead as others had to duck into the pits for fuel in the historic 100th running of The Greatest Spectacle In Racing. He ran out of gas after taking the checkered flag and his Honda had to be towed to the victory celebration. THE ASSOCIATED PRESS

Alexander Rossi is doused with milk after his victory. CHRIS GRAYTHEN/GETTY IMAGES

FRENCH OPEN

Milos bows out in Paris

Milos Raonic is out of the French Open.

The eighth-seeded Canadian lost 6-2, 6-4, 6-4 to Albert Ramos-Vinolas in the fourth round in front of new coach John McEnroe on Sunday.

The 55th-ranked player from Spain is into the quarter-finals of a major for the first time, having never made it past the second round of 18 previous Grand Slam tournaments.

THE CANADIAN PRESS

MLB

Mauer, Sano power Twins over Mariners

Joe Mauer and Miguel Sano both homered for a third straight game and the Minnesota Twins polished off a three-game sweep of the Seattle Mariners with a 5-4 victory on Sunday.

Mauer and Sano hit back-to-back home runs off Taijuan Walker into the bullpens behind left field for a 3-2 lead in the fourth.

Sano has homered in four consecutive games.

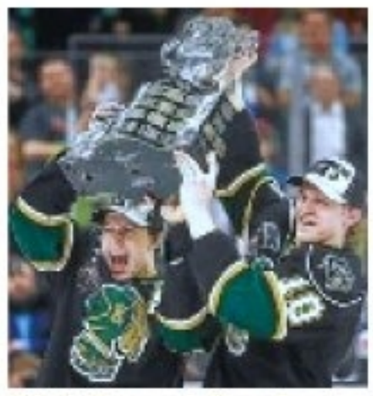
Ricky Nolasco (2-3) allowed two runs on three hits over six innings for Minnesota. Kevin Jepsen got his sixth save despite allowing two runs.

The Twins homered three times off starter Walker (2-5).

THE ASSOCIATED PRESS

SUNDAY In Seattle

5	4
TWINS	MARINERS



Mitch Marner, left, and Christian Dvorak THE CANADIAN PRESS

RECIPE Easiest Tomato Tart

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This simple, summery tart is elegant enough to serve to guests but easy enough to whip together for yourself.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients
- 1 sheet of puff pastry
- 2 Tbsps olive oil, approximately
- 1 pint of cherry tomatoes
- 1/4 cup fresh basil, chopped
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Most puff pastries come in a package with two sheets of dough. You'll only need to use the one.

2. Tear off a 18-inch sheet of parchment paper. Place the paper on a work surface and lightly flour it. Roll the pastry out on the paper until it is an 8 by 12 inch rectangle. Carefully place the paper on a baking sheet. Use a fork to poke holes all over the dough. Take a small, sharp knive and create a border about 1/2 inch in, all around the rectangle. Be careful not to cut all the way through!

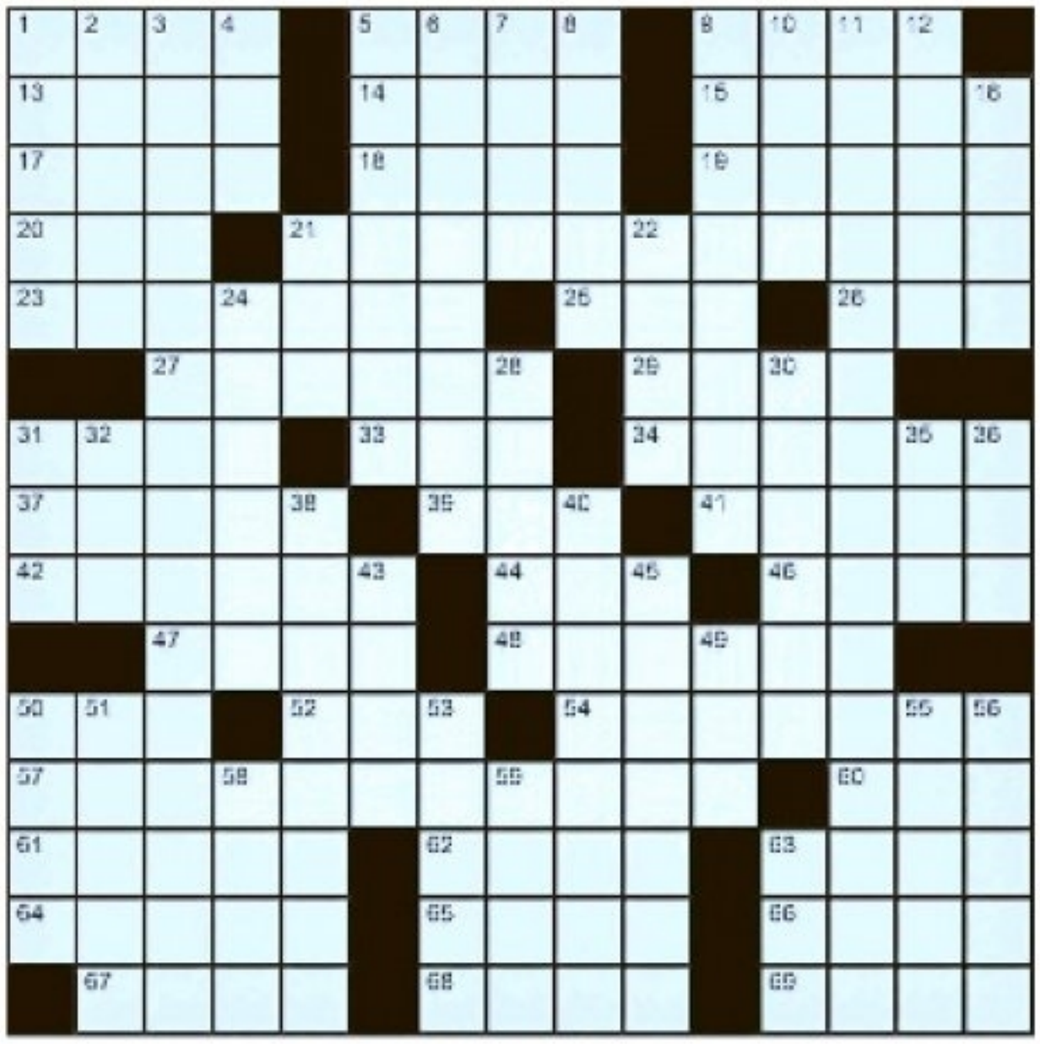
3. Drizzle the oil over the pastry. Now scatter the cheese across the dough and place tomoatoes on top. Sprinkle your herbs on top and add a pinch of salt and pepper.

4. Place in a hot oven for 20 to 25 minutes until the pastry is golden and the cheese is bubbling. Allow to cool slightly before cutting.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ex-One Direction member, singer of "Like I Would"
5. Canadian ice dancer, _-Lynn Bourne
9. Naja Hajes
13. Heroic verse
14. Had in hand
15. River of Germany
17. French pronoun
18. John Mellencamp's "Get _ _ Up"
19. Terra _
20. Sort
21. Customers might ask for them in stores for any products without a tag on them: 2 wds.
23. Around-the-clock
25. Sensitive
26. Writer Mr. Milne's
27. "_, _!" (Retort to a rather clever barb)
29. Retreat
31. Largest freshwater lake of Japan
33. 'Stock' suffix
34. Particular pronoun
37. Russian pancake
39. Pouch
41. Alexander's nickname
42. In a detached manner
44. Active ingred. in marijuana
46. Greatest
47. Comicdom's Olive, and surnamesakes
48. Dr. Jason _ (Alan Thicke's "Growing Pains" role)
50. "Mazel _!"
52. Not specialized [abbr.]
54. Progresses
57. New Brunswick's provincial capital
60. "Ha! See _ _ care."
61. Heretofore: 2 wds.
62. Stuff
63. Land unit
64. A famous Tea
65. Real
66. Subj. with maps
67. _-covered iron
68. Fewer
69. Feudal labourer

DOWN
1. Gabrielle _, The Storied Life of A.J. Fikry novelist
2. 2007: "Dancing with the Stars" Season 4 champ Mr. Anton Ohno
3. Shania Twain's "Don't Be Stupid (_ _ _ _)"
4. "Laughter in the Rain" singer ...his initials-sharers
5. 1979: "My _" by The Knack
6. Chopper takeoff/landing spots
7. Mr. Baldwin
8. Lawn _ (Grass trimming tool)
9. Grand church entrances
10. Sandal or pump
11. Grooming, veterinarian, obedience classes, etc.: 3 wds.
12. _ Spruce (Big tree along coastal British Columbia)
16. Northern BC's _ River
21. Liq. measures
22. Tranquil
24. Beer/lemonade drink
28. Marsh matters
30. "The Jeffersons" star Ms. Sanford
31. Eng. network
32. UN workers' gr.
35. J.R. Ewing's portrayer's initials-sharers
36. Frying pan excess
38. Holler heard when the phone rings!: 3 wds.
40. Fastest spotted big cats
43. Flanders river
45. Rollicks
49. Max Sydow link
50. Brand of frying pan
51. Canadian figure skating great Brian
53. 1979: "Making Plans for _" by XTC
55. Actor Zac
56. Steven Seagal movie, "Under _" (1992)
58. House rooms
59. 1991: "Finally" by _ Peniston
63. Human's on-the-planet number

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new sources of income or new uses for something you own because you are in a resourceful frame of mind. You will impress bosses and VIPs.

Taurus April 21 - May 21
Today you are intrigued with mysteries, puzzles and finding solutions to strange problems. In a way, you have the mind of a sleuth.

Gemini May 22 - June 21
Any kind of research will go well today, because your mind is probing and insightful. You want answers to old problems, and you will leave no stone unturned.

Cancer June 22 - July 23
You might attract someone powerful to you today. In any event, conversations with friends or members of groups will be intense and will focus on serious subjects.

Leo July 24 - Aug. 23
Discussions with bosses, parents and VIPs will be intense and powerful today. You might want to pull your punches because you don't want to overwhelm anyone.

Virgo Aug. 24 - Sept. 23
If you are involved in talks about politics, religion or racial issues today, you might get more than you bargained for. People are intense today and will fiercely defend their beliefs and prejudices!

Libra Sept. 24 - Oct. 23
You might get to the bottom of why there is a dispute over inheritances or shared property today. You will see the real reason, that behind the scenes there is conflict.

Scorpio Oct. 24 - Nov. 22
Go gently when talking to friends, spouses and partners today, because people are intense. This means they will try to persuade you to agree with them.

Sagittarius Nov. 23 - Dec. 21
You can see ways to make improvements and reforms on the job today; however, others might not listen to you. Instead, focus on how you can improve your own health.

Capricorn Dec. 22 - Jan. 20
Romance is passionate today. Meanwhile, parents should be gentle with their kids, because misunderstandings might arise.

Aquarius Jan. 21 - Feb. 19
You might see ways to make improvements at home today, especially by removing something you no longer need or tearing it down. It's also a good day to recycle and streamline.

Pisces Feb. 20 - March 20
Those of you who write for a living or who are in sales and marketing will be productive today, because you have strong opinions. Not only that, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2			9		4			3
	3						5	
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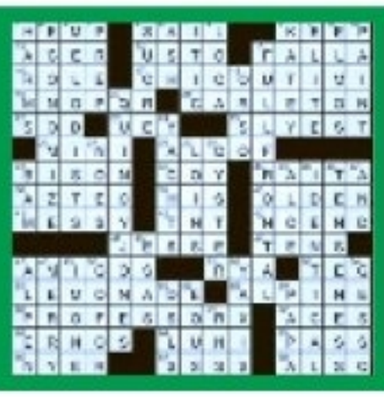
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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9	8	1	3	4	2	7	6	5
6	3	7	5	9	8	4	2	1
5	4	2	1	7	6	8	9	3

Take the Transit Fare Review survey at **translink.ca/farereview**

Over the last 30 years, the way we determine fares—including our zone structure and our fare products—hasn't changed much. It's time to move toward a fare system that works better for more customers.

This is the first of four phases of the Transit Fare Review. Share your thoughts by participating in the survey between May 24 and June 30, 2016 and have your say on how to improve the transit fare system.

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